



GET READY, SANTA BARBARA!

Increasing emergency awareness and preparedness in our community

Traveling and Disasters

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May 2013 brought us many disasters both locally and Nationally. Fires for us in the West and Tornadoes for our neighbors to the East. You are (hopefully) by now very aware of what to do in case of a fire, earthquake or other disaster here at home. But what if you are traveling and experience a disaster you are unfamiliar with? The following should help you prepare for any trip you may go on anywhere. *Taking a little time to think about this before you head out on your summer vacation may save you and your vacation!*

Prior to leaving: Do a little investigating to find out what you might be in for. Just like you check the weather before you pack, find out if your destination is susceptible to any particular natural disasters (hurricanes, tornados) or man-made disasters (civil unrest, political uprisings). If you have some concerns about the financial impact of these events occurring consider purchasing travel insurance for your trip and make sure it covers the specific emergency you will be susceptible to. If you are going abroad internationally, [register your travel with the State Department](#). Doing so will help ensure you get assistance in case of emergency. Leave a copy of your itinerary with a family member that includes contact information for places you are staying and flight/travel information that includes the dates you will be various places. Leave a copy of your ID and/or passport too. Pack a small emergency kit!

During your trip: Be aware of your surroundings at all times. Watch local news and weather to monitor changing situations. If the locals seem concerned about a particular situation you probably should be too.

In case of disaster: Your first priority is to remain calm. Regardless of the situation you will need to remain calm to be able to think and determine the best course of action. Ideally, you left a copy of your itinerary with a family member. As soon as you can, call that family member and let them know your situation and current status, resist the urge to call everyone, let your designee do that. Plan a time or day to try and check in with them again. Leave yourself at least a few hours window in case you are unable to reach them at a specific time. Try and be as self sufficient as possible. If you are evacuated, be considerate. Do not try and squeeze more vacation time in by being the last person to evacuate you may be putting others in danger by doing so. If you are evacuated try and at least bring some snacks, a sweater and medications if you will need them. If you packed an emergency kit, bring it! **Have a happy summer and stay safe!**

12-Months to Preparedness: Half-way there!

Prioritize a list of your possessions! Have you ever actually sat down and made a real list (with a paper and pen!) of what you would pack-up in a disaster? Many of us have a mental list, which is a good place to start, but often when a disaster is unfolding we can forget otherwise obvious things. Take some time this month to sit down and make a list of everything you would take if given warning. Start with your emergency kit and work your way from your grandmother's antique heirloom locket, to the things that you just think would be inconvenient to replace like your vacuum cleaner. That way, when the time comes you will have an easy to follow checklist that has already been prioritized with the most important stuff right at the top! As a note, take pictures of those bigger items and store them on a disk in your disaster kit...it will be helpful when the time comes to report to your insurance.

This month's item to buy is a first aid kit and an extra supply of medication. You can buy a complete first aid kit that comes with all of the essentials or put one together yourself (see our newsletter from April 2013 for a list of first aid kit basics). If you take any type of medication daily make sure you have an additional supply of it in your emergency bag. If it is a prescription medication you take, keep a copy of your current prescription in your emergency kit or wallet. While a pharmacy cannot fill a prescription from a photocopy, it can be used to verify information about the medicine and the prescribing doctor, making it much easier for you to get a refill.

Triage



Triage 'tape' used by some agencies during incidents to mark patients.

Medical professionals and first responders can triage one individual every 15-30 seconds. It is a FAST method to determine who needs help immediately.

If you remember last month's "30-2-Can Do" article, you have a head start on the topic of Triage. The word Triage comes from the French word trier, which means to sort or separate. Medical triage is a method of sorting individuals needing medical attention based on the urgency in which they need treatment. After a large scale, mass casualty incident, medical personnel use the triage method to ensure that those most in need of medical attention get first priority for treatment.

Triage is an effective strategy in situations where:

1. There are more victims than rescuers
2. There are limited resources
3. Time is critical

Medical professionals and first responders can triage one individual every 15-30 seconds. It is a FAST method to determine who needs help immediately. One of the most important things to remember about triage is that it is a dynamic concept. Though there are four categories that an individual may be sorted into, they may be moved depending on if their condition worsens or stabilizes.

The four categories of medical triage are:

Immediate—indicated by a red tag and/or the letter I.

- **Individuals in this category are classified as needing immediate attention to save his or her life. They have life threatening injuries to their airway, are suffering from significant bleeding or are in shock.**

Delayed—indicated by a yellow tag and/or the letter D.

- **Individuals in this category have injuries that do not jeopardize the individual's life (such a fracture or non-life threatening laceration). The victim will likely require professional medical care but treatment can be delayed without affecting the overall health of the individual.**

Minor—indicated by a green tag and/or the letter M.

- **Individuals in this category are generally ambulatory and will likely not need professional medical attention suffering from minor injuries such as abrasions and scratches.**

Dead—indicated by a black tag and/or the word dead.

- **Individuals labeled as dead should have their airways opened at least twice to verify their condition. IF there are enough rescuers (or very few deceased victims) CPR may be performed. It should be noted that CPR is labor and time intensive and in a large scale incident with hundreds or thousands of victims and only a limited number of rescuers it will not be possible to perform CPR on every deceased individual.**

Deciding between making an injured individual a red tag (in need of immediate attention) or a yellow tag (delayed attention) can sometimes be difficult. In these situations it is safe to employ the '30-2-Can Do' method for a definitive answer. If the patient fails any part of the test (see last month's article, an adult has more than 30 respirations per minute, longer than 2 second blanch test and/or fails the mental status check) then they should be marked as needing immediate attention. If they pass all three tests they can be marked as delayed.

Once triaged, individuals marked as immediate should begin receiving treatment right away. Those marked as delayed or minor should be moved to the appropriate medical treatment area to receive care.

Every individual assessed should be physically tagged (tape with the letter written on it, colored ribbon/tape or a formal triage tag) including those that are okay or refuse medical attention. If possible, keeping track of the number of individuals in each category is tremendously helpful to first responders and medical facilities so they know how many victims there are and a general idea of their injuries.



Formal triage tags are usually carried by first-responders and have room to record the patient's name, symptoms and vitals. The tag is then torn to indicate what category of triage the patient is.

Santa Barbara History—1925 Earthquake

The history of this incident became more and more interesting as we researched it so we couldn't resist including all of it. Enjoy!

Many people know that the coast of Santa Barbara was the epicenter of a very large earthquake in 1925. What you may not know however, is that there were two earthquakes the morning of June 29, 1925. The first was a minor quake that struck at 3:27am. The second, and much more devastating quake occurred at 6:44am and lasted a full 19 seconds.

Thirteen people died as a direct result of the earthquake. It has been speculated that the mortality rate would have been much higher had it not been for the heroic action of the two night operators at Southern California Edison and Southern Counties Gas Company. Each independently made sure that their respective plants were shut down immediately thus preventing what could have been a devastating fire after the earthquake.

Most homes survived with little to moderate damage—nearly every chimney crumbled. The commercial section of the city however, did not fare so well. Several large commercial buildings including the newly built Californian Hotel, were damaged as were several public buildings including the courthouse.

It is because of this earthquake that the Sheffield Dam, built in 1917, has the title of the only dam in the United States to fail during an earthquake. The soil underneath the Dam liquefied during the quake causing 30 million gallons of water to flood down Voluntario and Alisos Streets.

The response to the quake was rapid and very well orchestrated. By 8:00 am the Red Cross had already set up its first aid station at De La Guerra Plaza. Boy Scouts were actively involved in the relief effort being used as messengers all over the City. Several World War I veterans showed up downtown in uniform to guard buildings while over 100 men from the Santa Barbara Post of the American Legion patrolled streets, cleared debris and searched for victims.

Though telephone and telegraph wires were down and electricity was off two amateur ham radio operators were able to set up a broadcasting system to send out an SOS. The SOS signal was picked up by an oil tanker passing through the channel. At 7:30 am the tanker passed the message along to the Peacock, a salvage tug. The Peacock replied that it would head to Santa Barbara and tie up at Stearns Wharf to provide better radio communication. It arrived at 2:12 pm that same afternoon. The Peacock broadcast a message from Mayor, C.M. Andrea describing the damage and stating "No call is sent out for help, as it is believed the City is able to care for itself. The property loss is very large, but the city will rebuild bigger and better than before."

Sources: [Neal Gaffy](#), [USGS](#), [UCSB](#)

Do you have some Santa Barbara history you want to share? Maybe you have some interesting family history you want to share or maybe you have a question about something. We want to hear it! Send us your stories of, or questions about, Santa Barbara history to DDane-tra@SantaBarbaraCA.gov.



The Sheffield Dam after the 1925 earthquake



The Santa Barbara Mission after the 1925 earthquake.



A well-armed citizen on patrol at State just above Cabrillo. Note the man with the motion picture camera under the streetlight.

Getting Involved—Aware and Prepare

The Aware & Prepare (A&P) Initiative is a public-private partnership dedicated to strengthening community disaster resiliency within the Santa Barbara County. The Initiative works to enhance the capabilities and coordination of government agencies and non-profit organizations in mitigating, preparing for, responding to, and recovering from emergencies and disasters.

The Aware & Prepare Initiative has focused its preparedness efforts exclusively within the Santa Barbara County Operational Area, which includes eight major jurisdictions (Carpinteria, Santa Barbara, Goleta, Lompoc, Solvang, Buellton, Santa Maria and Guadalupe) as well as the unincorporated areas and special districts. The Initiative brings collaboration and cooperation within

the County among all jurisdictions and key non-profit organizations. The six (6) priorities for the Aware & Prepare Program include the development and sustainability of:

- Public Education,
- Preparedness: Planning, Training & Exercises,
- Emergency Public Information,
- Volunteers & Voluntary Organizations,
- Coordination; and
- Resources & Personnel.

Check out their website at www.awareandprepare.org and check out all the resources on the site.



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We're on the Web!

www.santabarbaraca.gov/oes

and

<https://www.facebook.com/CityofSBOES>

Quiz Time—Are you a Master of Disasters

Questions and Answers from National Geographic site

- 1) Which natural disaster can produce the fastest winds on Earth?
 - a. Tornado
 - b. Hurricane
 - c. Cyclone
 - d. Tsunami
- 2) Which natural disaster cannot be caused by shifts in tectonic plates?
 - a. Avalanche
 - b. Earthquake
 - c. Volcanic eruption
 - d. Hurricane
3. In what country did the strongest earthquake on record occur?
 - a. Chile
 - b. United States
 - c. Indonesia
 - d. Iran
4. On average, what are your chances of being struck by lightning in a given year?
 - a. 1 in 7,000,000
 - b. 1 in 700,000
 - c. 1 in 70,000
 - d. 1 in 7,000
5. What is the most dangerous type of avalanche?
 - a. Wet Avalanche
 - b. Dry Slab Avalanche
 - c. Ice Fall Avalanche
 - d. Loose Snow Avalanche
6. How often does lightning occur world-wide?
 - a. 50 to 100 times per second
 - b. 25 to 50 times per second
 - c. 500 to 1,000 times per day
 - d. 250 to 500 times per hour

Answers: 1) a; 2) d; 3) a; 4) b; 5) b; 6) a

City News Get to Know Your Neighbors Before a Disaster Strikes. Here are some tips to get started:

- Introduce yourself and let them know you live nearby
- Make an emergency plan and ask if it's ok to share information
- Exchange contact information such as a phone number or email
















Many neighborhoods have individuals with access and functional needs. Make a plan with your neighbors to check in on them after a disaster and help them if necessary. Help them in advance to set aside special supplies they may require after an earthquake or other emergency and assist them with an emergency plan.

Some people who may require special assistance include:

- People who are deaf or hearing impaired, blind, have limited mobility, require a special oxygen supply or have significant medical conditions.
- Children who spend time alone at home

Upcoming Events

June 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 	5 World Environ- ment Day 	6	7 National Donut Day 	8 Best Friends Day 
9 Donald Duck Day 	10	11 	12	13	14	15  UCSB Graduation
16  UCSB Graduation Father's Day 	17	18 	19 World Sauntering Day	20	21	22 Solstice Parade 
23 	23	25 	26	27 Sun Glasses Day 	28	29 Hug Holiday Day 
30						